

The Hawaii National Guard's Chemical, Biological, Radiological Enhanced Response Force Package, or CERF-P team recently received the highest rating possible during a recent evaluation, The joint unit received a "trained" rating in all areas of the inspection. The exeval (exercise evaluation) is an inspection conducted by the Joint Inter-Agency Training and Education Center every two years, and is designed to measure the CERF-P teams ability to respond to a natural or human caused disaster. The Hawaii CERF-P team conducted six days of exercises with role-players based on a scenario created to mimic a large scale disaster striking Hawaii.

"The evaluation gets us geared up so we are prepared and able to assist with any type of disaster management or response." said Capt. Bryce Yamamura 154th Medical Det. 1. "We focus on treating people as they need to be treated and try to contain as much as we can."

In the last year, the Hawaii Air National Guard stood up a special detachment of its 154th Medical Group. The detachment will focus solely on the needs of the CERF-P team.

"Now with Detachment 1, our resources have been down sized.

and we are working with only the essential personnel. This makes the process more efficient as people are learning their specific roles better, with allows us to work better as a team." said Capt. Yamamura

This exercise also marks the first time members of the 154th Wing's Communication Flight manned the communications package of this exercise.

"During the Exeval we are providing communications support for the C2 and different functions on site." said Chief Master Sgt. Nolan Kanekuni. "Everything you would have in your offices inter-net, and phones, along with radios from all the first responder agencies."

"The more we do these exercises we develop better team work, better camaraderie, and we get more efficient at what we do", said Capt. Yamamura. "Being in the middle of the Pacific it is a logistic issue. Having the equipment and training and every one working together makes us better."

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## **Engage:**

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Twitter @HiAirGuard

## Youtube

https://www.youtube.com/user/Hlairguard

## Flickt

https://www.flickr.com/photos/hiang/

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The punctuation of the name of this publication was researched by the Indo-Pacific Language Department at the University of Hawaii.

All photos are United States Air Force photos unless otherwise noted.

# ALOHA 154th Wing and IMUA Na Koa! 'Go Forward Warriors!'

As the famous quote goes, 'Flexibility is the Key to Air Power'. A lot has happened in the last week or so. Long story short and good news for the Wing, Col Woodrow will be your next Wing Commander effective 1 June 2016. So, my timeline moved up a month and this will be my last drill as the Wing Commander.



Although I'm extremely excited for the Wing with Col Woodrow succeeding me, it's hard to put into words what I'm feeling. I just know I will miss each and every one of you so much!

Interesting that my first article to the Wing was a thank you article for my Assumption of Command Ceremony and I'm going to end my last article with a simple thank you too.

Mahalo for making my five years as your Wing Commander a very enjoyable and memorable one. I have learned and grown so much from my interactions with all of you...Thank you! We have gone through so much these past years and you all responded with the utmost professionalism and resiliency. If you haven't done so already, please take a moment and look around campus to reflect on the following: how sequestration affected us, the furloughs, the government shutdown, adding a Classic and Active associate units to the Wing, our conversion to the F-22, our successful Combined Unit Inspection, our \$200M plus Milcon projects and the list goes on. We did it together and we are all better for it. I am so proud of all of you and to be part of this outstanding Wing.

Please know you have all found your way into my heart and I will be forever grateful of your Aloha and Ohana you have given me and my family.

I hope to thank you all again personally at the Change of Command Ceremony which we are anticipating to be during July drill.

In closing, Imua Na Koa! As you go forward take care of your family and yourselves. Continue to embrace change, changing for the better so as to keep the Air Force relevant and ahead of our adversaries. God Bless you all, God Bless Hawaii and God Bless the United States of America!

# **Safety Always!**

By SMSqt Ronald Mori,154 WG/SE



There often exists a misconception that taking safety precautions will create extra work or hinder your job. Can you think of examples of common practices today that were frowned upon when first introduced but are now a part of our daily lives? How many of you remember a time when dentists did not use gloves during oral exams?

### Consider the following conversation....

- -You should use these to protect yourself.
- --No.
- -You should use this to protect the people you work with.
- --No.
- -You may hurt yourself.
- --Go away.
- -Others could get hurt.
- --Stupid people get hurt. I'm smart.
- -You're here to help people...you should use these.
- --No. This will ruin the business!
- -Why won't you try these...they may help?
- --No. You know nothing about dentistry. "

This was a common conversation in the late 80s and early 90s with dentists regarding the subject of wearing gloves when working in patients' mouths. Dentists screamed that the practice of dentistry would forever be tarnished; it would be impossible to practice. Fast forward to today, the practice of wearing gloves in dentistry is not just normal, it's expected. If my dentist didn't wear gloves, I'd probably find another dentist.

Changing the way we think is hard (for everyone), but sometimes the change is worth it.

Make Safety a part of your daily routine... Mission First! Safety Always!

The following named personnel in the Hawaii Air National Guard are promoted in the unit indicated (HI ANG) and as a ResAF to the grade indicated effective and with DOR indicated below. Authority: AFI 36-2502

#### **ENLISTED PROMOTIONS**

RANK:	NAME:	PROMO	TED TO:	EFT DATE
SSGT	CANIONERO, SHAV	VN L	TSGT	1-APR-16
SSGT	BETTENCOURT, EV	'ERETT	TSGT	1-APR-16
SSGT	CABEL, BRICEL P		TSGT	1-APR-16
SRA	GRIFFIN, TYLER A.		TSGT	1-APR-16
SSGT	SHIBATA, LESLEY 1	<del>-</del>	TSGT	1-MAY-16
SRA	WIDDIFIELD, ASHLI	EY O.	SSGT	1-MAY-16
SSGT	LIGOT, LAUREN P.		TSGT	1-MAY-16
SRA	LEONG-WATSON, T	RISHA	SSGT	1-MAY-16
SSGT	EVANGELISTA, ERN	NESTO D.	TSGT	1-MAY-16
SSGT	BAYUDAN, JUSTIN	B.	TSGT	1-MAY-16
SSGT	SOUZA, PAYTON K.		TSGT	1-MAY-16

#### **SNCO PROMOTIONS**

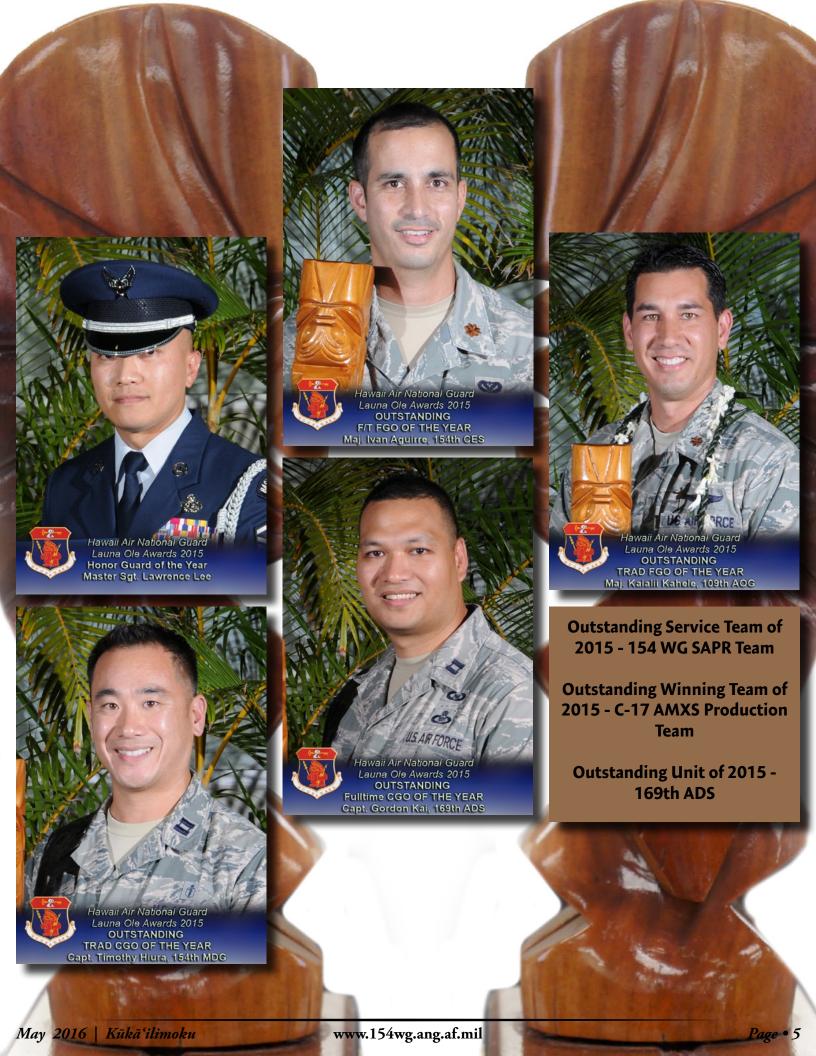
TSGT	LORETO L. BARTOLOME	MSGT	1-MAY-16
TSGT	RITA R. MILLER	MSGT	1-MAY-16
MSGT	CHRISTOPHER N. HOX	SMSGT	1-Apr-16

#### **OFFICER PROMOTIONS**

MAJOR	RYAN ENDO	LT. COL.	01-Oct-15
CAPT	ADAM D. BENTLEY	MAJ	21-APR-16
MAJ	MIKE H. KOBAYAKAWA	LT COL	1-APR-16
CAPT	MARISSA J. MUNOZ	MAJ	21-APR-16







## **Chain of Concern Corner**

Lorna Souza Hawaii Air National Guard Airman & Family Readiness Program Manager 808-341-7608 cell 808-387-8815 lorna.souza@us.af.mil

Searching the web for military resources and benefits can be time consuming and frustrating. How do you know if the information you are reading is correct or if the website you are accessing is official. You can be accessing a personal website created with personal opinions instead of facts. While searching you have the daunting task of sorting out dependable and undependable information.

Let HIANG Family Readiness and HING Family Assistance Specialist (FAS) assist you with your military resources and benefits. We work together to provide information, referral and outreach to Service Members, Veterans, Retirees, and Military Families

(FACs) are located throughout the state. They are designed to support our geographically dispersed members and families to include our Neighbor Islands.

#### Maui

Harmonie Borden
Family Assistance Coordinator (FAC)
Family Assistance Specialist (FAS)
(808) 844-6787 or (808) 672-1438
(808) 782-1948-cell
Puunene Armory
270 Mokulele Hwy., Kihei, HI 96753
harmonie.a.borden.ctr@mail.mil
\*\*Also for Molokai & Lanai

#### OAHU

Jared Espinda
Family Assistance Specialist (FAS)
(808)672-1441 / (808) 393-9006
Ft. Ruger Armory (Bldg. 300)
3949 Diamond Head Road.
Honolulu, HI 96816
jared.k.espinda.ctr@mail.mil

#### **OAHU**

Vacant
Family Assistance Specialist (FAS)
(808)672-1438 / (808) 387-0957
103rd Troop Command
96-1210 Waihona Street
Pearl City,HI 96782

#### KAUAI

Milton Oshiro Family Assistance Specialist (FAS) (808) 844-6738 / (808) 346-5319 Hanapepe Armory 1-3460 Kaumualii Hwy. Hanapepe, HI 96716 milton.m.oshiro.ctr@mail.mil

#### **KONA**

Lora Scott
Family Assistance Specialist (FAS)
(808) 844-6707 / (808) 285-7213
Kealakekua Armory
81-1032 Nani Kupuna Pl.
Kealakekua, HI 96750
lora.d.scott.ctr@mail.mil

#### HILO

David Ferreira
Family Assistance Specialist (FAS)
(808) 844-6614 / (808) 756-0370
Armed Forces Reserve Center
1304A Kekaunaoa St.
Hilo, HI 96720
david.t.ferreira3.ctr@mail.mil

## Family Assistance Centers assist with:

- Crisis Intervention and referral
- Legal resource and referral
- Financial resource and referral
- TRICARE resource and referral
- ID Cards
- Defense Enrollment Eligibility Reporting System (DEERS)
- Community information and outreach

# **Highlights on Health**

By: Jacy L. Campbell

Post-traumatic stress disorder (PTSD) can occur after someone has experienced a traumatic event they may have witnessed or directly experienced. The impact of a traumatic event can lead to injury, psychological distress, or loss of life. Types of trauma can be classified as: 1) War/combat related 2) Acts of terrorism 3) Violence and abuse (physical, sexual, or psychological) 4) Disasters (natural or man-made) 5) Serious injury or accidents. It is reported that approximately 8% of the population will have experienced PTSD at one point in their life. Studies show that experiencing a traumatic event does not automatically mean you will get PTSD. Symptoms of PTSD outlined by The National Center for PTSD are:

- 1. Reliving the event (also called re-experiencing symptoms)
- You may have bad memories or nightmares. You may have flashbacks by feeling like you're going through the event again.
- 2. Avoiding situations that remind you of the event You may try to avoid situations or people that trigger memories of the traumatic event. You may avoid talking or thinking about the event.
- 3. Negative changes in beliefs and feelings The way you think about yourself and others may change because of the trauma. You may have feelings of fear, guilt, or shame. You may not be interested in activities you used to enjoy.
- 3. Feeling keyed up (also called hyper-arousal) You may be jittery, or always alert and on the lookout for danger. You may have trouble concentrating or sleeping.

Other problems associated with PTSD may include:

- Feelings of hopelessness, shame, or despair
- Depression or anxiety
- Drug or alcohol abuse
- Physical symptoms or chronic pain
- Employment problems
- Marital/ relationship problems

Several different methods are available to treat PTSD. If you were exposed to trauma and feel you may have PTSD, help is available. The following four questions is a screening tool for PTSD. If you answered "yes" to any three items, it is highly recommended you seek further assistance.

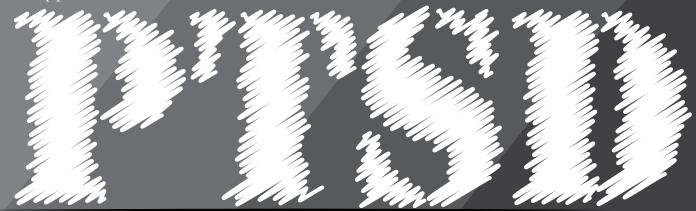
Instructions for the PC-PTSD Screen: In your life, have you ever had any experience that was so frightening, horrible, or upsetting that <u>in the past month</u>, you:

- 1 Have had nightmares about it or thought about it when you did not want to?
- 2. Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?
- 3. Were constantly on guard, watchful, or easily startled?
- 4. Felt numb or detached from others, activities, or your surroundings?

More information about PTSD can be found on the following website: www.ptsd.va.gov

It is critical to be aware of how continued threats of trauma can deeply impact our lives. PTSD is not a physical wound and can affect anyone who experienced trauma. The Psychological Health Program can help you create strength through personal resiliency. For confidential counseling, resources, and information, please contact:

Kanani Krafft, LCSW 808-448-8145 Barbra.krafft@us.af.mil Jacy L. Campbell, MFT, CSAC 808-448-8141 jacy.campbell@us.af.mil





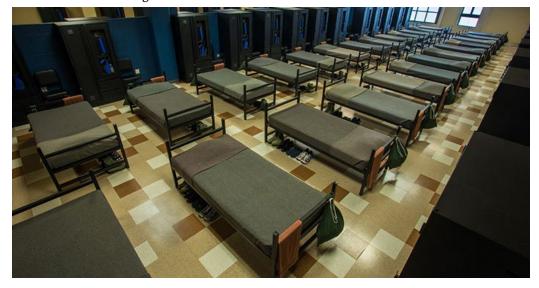
# **Our New Improved Airmen**

Michael D. Gabster, CMSgt, HIANG Command Chief, 154 Wing

I recently had the privilege of attending a class at Lackland Air Force Base and witnessing a Basic Military Training graduation ceremony. The class toured the new facilities and we spoke with some of the trainees. To say the least, I was impressed. It is certainly not your parents' Basic Military Training. Since November 2005, the U.S. Air Force has changed the way they turn civilians into Airmen. Today emphasis is placed on, war-fighting and remote deployment skills much more than in years past. First, they toughened up the physical fitness standards. Then, they placed greater emphasis on

weapons training. Next, they replaced classroom training on folding underwear into sixinch squares with additional training on combat-related skills such as first aid "buddy care," and chemical/biological weapons defense. Then, in November of 2008, the U.S. Air Force made another major change, the length of BMT was expanded from 6 1/2 weeks to 8 1/2 weeks. Last year (2015), the U.S. Air Force again made changes to BMT—though they kept basic training at the traditional 8 1/2 weeks, they re-engineered the schedule. Recruits now march in the graduation parade at the 7 1/2 week mark—one week earlier than trainees traditionally have. But instead of heading off to technical training afterward, they return to BMT for "Airmen's Week," where they cover in detail topics such as ethical decision making, "wingmanship," resiliency, respect and sexual assault prevention and response.

It doesn't matter if you're joining the active-duty Air Force, the Air Force Reserves, or the Air National Guard; all new Air Force recruits go through the same basic training at Lackland Air Force Base. Each year, over 35,000 new recruits go through BMT. The new BMT is not only designed to teach the fundamentals of military life, but also places great emphasis on the Air Force Expeditionary Force deployment cycle consisting of pre-deployment, deployment and post-deployment phases. After seeing the new BMT and speaking with our new improved airmen, I will not look at them the same way ever again. They are coming to our units highly motivated, highly trained and ready to deploy. Respect them. Keep their motivation high. Use them more in deployment planning and execution. They have all the new skill sets we were never taught and maybe a lot of the answers we are seeking.



# It Happened in May by MSgt William Tapper

The 464th Fighter Squadron was activated on October 12, 1944 at Peterson Field, Colorado Springs. During the next six months, to prepare for action in WW II, the unit of 63 officers and 249 enlisted traveled to Nebraska and Texas for training. They flew the Republic P-47 Thunderbolt. The P-47, also known as the "Jug," was by far, at the time, the largest, heaviest, and most expensive single-engine fighter aircraft in aviation history. In little time, the 464th pilots and crew were battle ready with the Jug and they made their way to California and Washington to be transported by ship to Hawaii. Then, from May 30 to June 2, 1945, Hawaii had a brief glimpse of the unit that was to become the 199th just a year later.

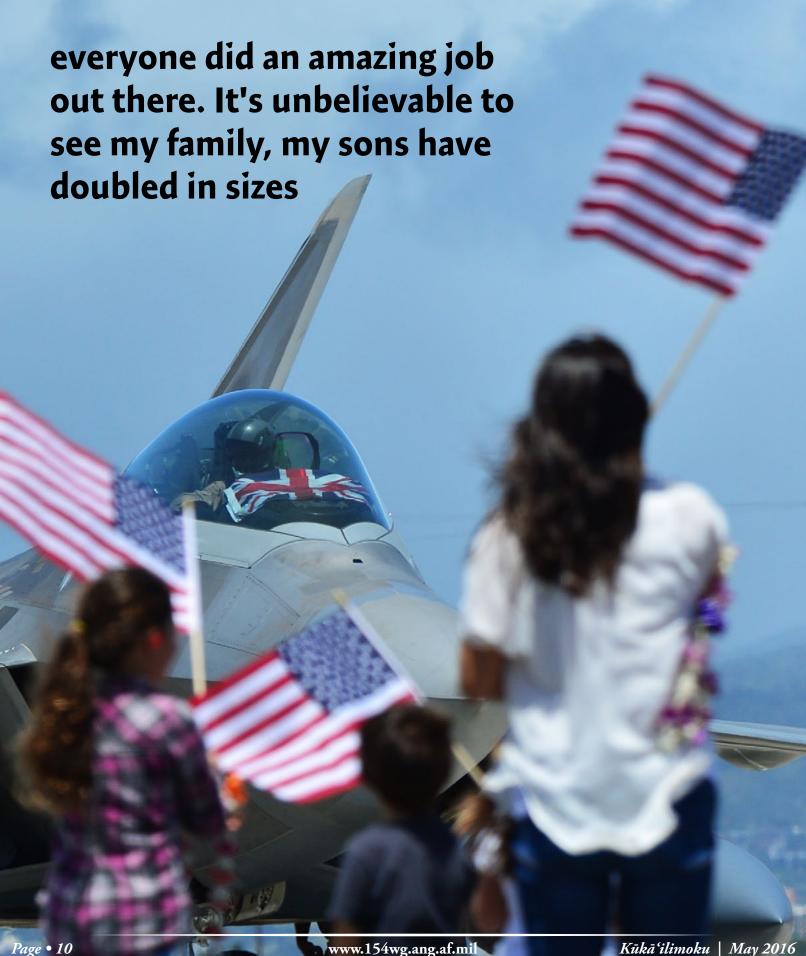
On June 2, the 464th made their way to Ie Shima, a twelve by nine mile island just a few kilometers northwest of Okinawa. Though it had been controlled by Japan, Ie Shima proved to be the beginning of the end to their aggressions. The 464th flew 496 combat sorties there. One of which was a nine hour long escort off the coast of China; one of the first fighter aircraft missions flown in that theatre. The 464th was very successful and was credited with numerous confirmed kills. In one battle, which took place August 13, 1945 near Keijo, Korea, the unit shot down twelve enemy aircraft. For this, they were awarded a Presidential Unit Citation for "outstanding performance of duty for action against the enemy in Korea."

Japan surrendered Ie Shima to U.S. forces just two months after the 464th joined the fight. The unit was then moved to Okinawa, where they remained stationed until May 28, 1946 when the 464th was re-designated as the 199th Fighter Squadron and transferred to the Hawaii National Guard. The 199th is entitled to all the decorations and awards of their predecessor unit. The HIANG is entitled to a proud history and heritage that started with compact in IANA II.



# **Welcome Home Hawaiian Raptors**

Story and Photos by Tech. Sgt. Aaron Oelrich 15th Wing Public Affairs





"It is good to be home, said an aircraft maintainer from the 154th Maintenance Squadron. "I think that everyone did an amazing job out there. It's unbelievable to see my family, my sons have doubled in sizes. I can't wait to be around my family, have some good food and go to the beach."

The Hawaiian Raptors are made up of F-22 pilots from the 199th Fighter Squadron and the active-duty 19th Fighter Squadron and are supported by the Hawaii Air National Guard's 154th Maintenance Squadron and the active-duty 15th Maintenance Squadron.

The deployment, to the Central Command area of responsibility, marked the first operational deployment for the Hawaiian Raptors. The Central Command area of responsibility encompasses Southwest Asia and most of the Middle East. While deployed, the F-22 Raptors successfully struck a number of high-value ISIS (also known as Daesh or ISIL) targets. The

Hawaiian Raptors were an integral part of Operation Inherent Resolve.

Operation Inherent Resolve is an 18-nation air coalition that is driving ISIS back considerably in Iraq and Syria. ISIS has lost more than 40 percent of the populated areas it once controlled in northern Iraq and recently retreated from several key populations centers in Syria.

"Our people performed extremely well and they did it with the Aloha spirit. Maintenance did an outstanding job, and made all their taskings. We integrated well with the other coalition forces and conducted our operations flawlessly," said one of the Hawaii Air National Guard's pilots.

The F-22 fighter aircraft and the Airmen of the Hawaiian Raptors started this mission by departing from Joint Base Pearl Harbor-Hickam in late September 2015 and all redeployed by April 8.







Brandon Chang, Balikatan project officer for the two squadrons. "Because I was doing the planning I did not fly as much but, I know that all the other guys gained experience in a variety of air operations."

In addition to providing airlift support to an A-10 Thunderbolt II squadron from Osan Air Base, Korea, the crews flew a wide variety of missions during the exercise such as static line air-drop, high altitude low opening, equipment drop, low altitude maneuvers, and provided a high mobility artillery rocket system move for U.S. Marines. Another mission highlight was a mass causality air evacuation where U.S. Air Force pararescue airmen worked

side by side with Armed Forces of the Philippines rescuers to care for simulated casualties while in-flight to a safe location. To overcome communications difficulties on the flight-line, tower liaison officers from the Hawaii Guard assisted Philippine air traffic control personnel.

Throughout the exercise, the two squadrons functioned as a well blended unit with no distinction between active duty and Guardsmen.

Philippine topography provided the air crews and maintenance airmen the opportunity to work through a variety of missions and gain training not normally

available at home station. Missions where flown daily for a two-week period to give the aircrews time to grow in their skills and experience.

"It is our job to better our skills and to get a different view of operations while working with different agencies while coordinating with the Armed Forces of the Philippines." said Chang. "All of the skills we gained during this exercise will pay high dividends in the future."

## **HIANG-I.NFO**

## **Announcements:**

Law requires all returning deployers to attend a Yellow Ribbon Post event. Please pass on the word to ALL unit members who have returned from deployment within the past 6 month. Yellow Ribbon events are scheduled for June 11<sup>th</sup> in the 154 DFAC and June 25<sup>th</sup> also at the 154 DFAC. Families are HIGHLY encouraged to attend and sitters will be provided on site. Lunch will also be provided for all participants. Registration is required; please follow the links below.

For more information contact Charlie Yoshimoto at 808-382-4316 or charlsyee.yoshimoto.2.ctr@us.af.mil

June 11 event registration:

https://www.yellowribbonevents.org/Events/KioskRegistration.aspx?Mode=AddNew&Id=b94c690a-dcb3-49e3-9c08-916eb35dbf50

June 25 event registration:

https://www.yellowribbonevents.org/Events/KioskRegistration.aspx?Mode=AddNew&Id=b6403ccb-3d64-46fe-8b3f-12df2617ed97

Student Flight members report to DFAC NLT 0700 Saturday. Those selected for DFAC duty will be committed to supporting DFAC both days. Remaining Student Flight not used for DFAC are to return to their units.

Medically Ready? Check you IMR: <a href="https://asims.afms.mil/imr/MyIMR.aspx">https://asims.afms.mil/imr/MyIMR.aspx</a>

HING Financial Advising (Free) Oahu – email Jeff Alameida hipfc1@mflc.zeiders.com

Neighbor Islands – email Rhonda Bowden hipfc2@mflc.zeiders.com

BAH rates for 2016 have been released. To calculate BAH rates go to http://www.defensetravel.dod.mil/site/bahCalc.cfm

## Workshops/Classes:

Leadership Development Courses via TFLDP (Total Force Leadership Development Program)

Free to attend, sign ups via: <a href="https://cs3.eis.af.mil/sites/OO-DP-PC-15/PLDreg/Registration/Registration.aspx">https://cs3.eis.af.mil/sites/OO-DP-PC-15/PLDreg/Registration/Registration.aspx</a>

May RSD's EPR Lunch and Learn will be conducted at the OG Auditorium during Sunday RSD, from 1100-1230. Printing a copy of the ACA and EPR forms and bringing your lunch is highly recommended.

Defense Travel System (DTS) training email <a href="mailto:154WG154CPTFalo@us.af.mil">154WG154CPTFalo@us.af.mil</a>

For future PTL A/B classes and BEWELL classes please email HPARC Fitness for assistance.

Their contact information is 15mdg.hparcfitness@us.af.mil DSN: 448-6180.

Frontline Supervisor Training for the following AFSCs: 1N, 2A, 3D, 3E, and 3P. Training Managers, if you have supervisors who haven't been through this training, please send names to Chaplain Leah Boling at <a href="leah.boling@us.af.mil">leah.boling@us.af.mil</a> May 14, Saturday RSD, from 0800-1200. The venue is yet to be determined. This training is mandatory to all supervisors of those AFSCs mentioned above. This is a one-time 4-hour training. We can train up to 20 supervisors per training. Contact Chaplain Boling for more info.

## **Lunch and Learn**

This month's Lunch & Learn is scheduled for Wednesday, May 25, 2016 at 1200hrs-1300hrs.

**Topic: Bullet Writing** 

Description: CMSgt Laura Noel, Commandant, Binnicker PME Center will be covering Bullet writing focusing on (EPRs and 1206s) for the Amn- Jr NCO tiers.

Location: First Term Airman Center (FTAC) Bldg. #1851, Time: 1200hrs-1300hrs

Bring: Your lunch, a note pad, pen, and a fellow Airmen!!! Intended Audience: All RANKS